

## Celebrity Buzz

**Pitt on 'tough' life of an actor**

pg 14



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## Sens' Foligno loses mother to cancer

**DEATH** Janis Foligno, mother of Ottawa Senators forward Nick Foligno and wife of former NHLer Mike Foligno died Monday evening at the age of 47.

Janis had been battling cancer for the last five years.

Born and raised in Sudbury, Janis came from a hockey family, where her uncle Eddie Giacomini was a longtime NHL goaltender.

"Janis was a wonderful wife, mother, aunt and friend," said The Sudbury Wolves Hockey Club in a statement, where Mike Foligno is coach and GM.

She is survived by Nick's siblings, Cara, Lisa and Marcus, who was recently drafted by the Buffalo Sabres.

METRO OTTAWA

Worlds **Water Polo**



Canada's players, left to right, Carmen Eggens, Marissa Janssens, Whitney Genoway, Katina Monton and Rosanna Tomiuk, celebrate at the end of their semi-final match against Russia at the World Championships yesterday in Rome. The Canadian squad won 8-7.

## Buskers from Down Under, lots of fire at street fest

**EXTRAVAGANZA** Sparks Street between Bank and Elgin will be transformed into an extravaganza of sword-swallowing, fire-juggling, music, acrobatics, and more today as the 18th annual Sparks Street Mall International Busker Festival begins.

"It's going to be fantastic," said the Sparks Street Mall Authority's executive director, Sharon McKenna. "We got a lot of Australia going on, tell you that, and a very, very amazing amount of fire."

Performers hailing from Down Under include Dream State Circus, Flame Oz and Arizona Jones, and the many acts incorporating fire will come together at 9 p.m. tomorrow for a special show, the Fiesta of Flames.

Weather permitting, of course.

Also on the bill this year are Gustavo the Impossible, sword-swallowing comic Thom Selectomy, and USA Break Dancers, back by popular demand after missing last year's Buskerfest.

The buskers are expected to bring out 300,000 people over the course of the weekend, McKenna said, and are not paid by the festival. They rely entirely on passing the hat.

Donations will also be accepted for the Children's Wish Foundation.

Buskerfest begins today at 11:30 a.m. and runs through Monday, with a Grand Finale at 6 p.m. Un-scheduled performances go on throughout the long weekend.

STEVE COLLINS/  
FOR METRO OTTAWA

Relating pg 7



Bachelors vs. bachelorettes

Food pg 11



Tex-mex steak and trimmings

ShareYourViews

ottawaleaders@metronews.ca

# H1N1 flu greater risk for pregnant women: Study

Immediate treatment urged as risk of complications, death higher

**Pregnant women who are sick with the H1N1 virus, also known as swine flu, are much more likely to suffer severe illness and should be immediately treated with antiviral drugs to reduce their risk of complications and death, U.S. flu experts have ruled.**

A study by doctors from the U.S. Centers for Disease Control and Prevention, published online yesterday in the medical journal *The Lancet*, found pregnant women with the H1N1 virus were more than four times more like-

## Flu Outbreak

ly to be hospitalized than others with the illness. The authors also noted a relatively large proportion of deaths among pregnant women.

Canada has also found that pregnant women are more likely to develop complications or be hospitalized if they contract swine flu, though they are no more at risk of catching it.

Forty-five of 235 women between the ages of 15 and

## Symptoms

- The flu-like symptoms pregnant women should watch for include: A fever higher than 37.8 C (100 F), runny nose, sore throat, fatigue and muscle aches, said Dr. Kellie Murphy. Pregnant women who experience these symptoms should notify their doctor, since antiviral drugs must be administered within 48 hours of the onset of symptoms, she said.

50 who have been hospitalized due to the H1N1 in-

fluenza virus were pregnant. "(That) is a much higher rate than the general population, but they are small numbers still," Chief Public Health Officer Dr. David Butler-Jones said yesterday.

Dr. Kellie Murphy, a maternal-fetal medicine specialist at Toronto's Mount Sinai Hospital, said the hospital has adopted the CDC recommendations for treating pregnant women by giving them the antiviral drug Tamiflu at the first sign of flu symptoms.

TORSTAR NEWS SERVICE



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On Aug. 14 residents in Ottawa will be competing against communities from across the Ontario in the Count Me In! Community Challenge to achieve the highest percentage drop in electricity consumption between 8 a.m. and 8 p.m. **METRO OTTAWA**

# Local



## Show off your blues skills

Now that Bluesfest is over, it's time to stop watching and start jamming. The Ottawa Blues Society is once again holding its Blues Challenge, giving local bands a shot at participating in the International Blues Challenge to be held Jan. 20-23, 2010, in Memphis. Last year's OBS entry, MonkeyJunk, placed 3rd out of over 100 bands. Semifinal and final rounds will be held in Ottawa in September. Each band has 25 minutes to perform and will be given points based on blues content, vocals, talent, originality and stage presence. **METRO OTTAWA**

## Cops cleared in shooting

### SIU finds no crime in death of alleged bank robber

**TIM WIECLAWSKI**  
tim.wieclawski@metronews.ca

**The Ontario Special Investigations Unit has cleared Ottawa Police officers of any criminal offence in connection with the shooting death of a 27-year-old Ottawa man fleeing from police after a bank robbery last March.**

Following an investigation by nine investigators, SIU director Ian Scott found no reasonable grounds to believe that police officers committed a criminal offence in relation to the

firearm death of Paul Jeffery on March 6.

According to the SIU investigation report, police officers were dispatched to a reported armed bank robbery on Montreal Road at 7:02 p.m.

Officers responding to the call saw Jeffery fleeing the area on foot with what appeared to be a black pistol in his possession. This pistol later turned out to be a replica.

At one point during the ensuing foot chase, Jeffery threatened to shoot an officer, the SIU report states.

Other officers were then

alerted via radio that Jeffery might be armed and would shoot. At other points during the chase, Jeffery pointed the gun in the direction of the officers, which prompted several officers to shoot at Jeffery. He was struck and died from the injuries he sustained.

The SIU was not capable of determining which of the four officers fired the fatal shot.

Scott concluded that by running from the scene of a bank robbery and threatening to shoot an officer with a replica gun that could easily be mistaken for a real

one, Jeffery led officers to believe he was "an armed fleeing felon who was prepared to use imminent lethal force against one or more of them."

"The law is clear that a police officer may rely upon an honest and reasonable, but mistaken, belief in apprehending death or serious bodily harm before responding with lethal force," he said.

"Accordingly, I cannot form the requisite grounds to believe that the subject officer who discharged the lethal bullet committed a criminal offence."



Tim Brown of the Ottawa Humane Society and Indy check out a poster at the launch of this year's Wiggly Waggle Walkathon.

## Get out the leash for Humane Society walk

**STEVE COLLINS**  
for Metro Ottawa

**WALKATHAON** Ottawa Police Chief Vern White joined a four-legged friend Indy and her owner, Ottawa Humane Society Insp. Tim Brown, to open registration for the Society's 21st annual Wiggly Waggle Walkathon.

"I invite everybody to come out for the walk," said Chief White, the Walkathon's honorary chairman. "I understand we've ordered sun so it could be the first sunny day of the summer, and hopefully we'll have a great crowd and break last year's record."

Indy worked the crowd at the St. Laurent Shopping Centre, accepting scratches behind the ears and sniffing a few crotches. The shopping centre is offering gift cards to Walkathon participants who manage to raise \$500 or more in pledges.

Humane Society commu-

nications manager Tara Jackson said the Walkathon is "a fun day out for our supporters and friends of the Humane Society," as well as the organization's leading fundraiser for programs ranging from animal rescue to the Brightening Lives program, which arranges animal visits to long-term care facilities and hospitals.

It's also the largest event of its kind in Eastern Ontario. Last year, over 1,000 walkers, with and without dogs, raised \$150,000. This year's fundraising goal is \$165,000.

The Walkathon comes at a critical time of year, Jackson said: "Summer is typically our busiest season. We're really full at the shelter right now with lots of cats, and we have a high number of dogs for this time of year as well."

The shoes and paws will hit the ground for the Walkathon Sunday, Sept. 13, at the Arboretum of the Experimental Farm at 10 a.m.

## Teens face charges after store robbed

**CRIME** A couple of Ottawa teens are facing charges in connection to an armed robbery at an Alta Vista Drive drug store last Monday evening.

On July 27, at around 5:20 p.m., the Shoppers Drug Mart at 1559 Alta Vista Dr. was robbed. According to police, a male entered the premises displaying a handgun, demanded narcotics, then fled to a waiting vehicle, but left the area on foot.

Patrol officers stopped the vehicle and caught a suspect a short time later. They recovered a quantity of narcotics and a pellet pistol. Two 17-year-olds are facing several charges including robbery.

**METRO OTTAWA**



Jesse Prior, a museum interpreter with the Billings Estate National Historic Site, shows some of the instruments that would have been used by Victorian-era physicians. The museum is hosting a Victorian Medical Show about medical practices of the 19th century this Friday and Saturday.

## A look back at medical history

**TIM WIECLAWSKI**  
tim.wieclawski@metronews.ca

**LEARNING** Got a fever? A haircut might help, or maybe an enema would surely do some good.

"If that doesn't bring the body back into balance, we could start to bleed you," said Nancy MacLeod, a historical re-enactor with a specialty in Victorian Era medicine. "I would take out maybe 12 to 14 ounces."

On Friday and Saturday, MacLeod will be discussing the darker side of bygone medical practices in the Victorian Medical Show held at the Billings Estate National Historic Site.

The show will feature

demonstrations of 19th century medical tools and highlight the agonizing methods used to treat toothaches, headaches, amputations and infections.

In the 1800s, she said people believed fevers were the result of an overheated brain, so they would cut hair, dunk their head in cold water, or take "medicines" that induced violent vomiting and diarrhea.

If all that didn't work, doctors would start drawing blood.

MacLeod said the recommended treatment for pneumonia back then was to bleed standing patients until they fell over, which was often counterproductive.

"The worst thing to do when you are trying to fight disease is make someone anemic," she said.

"You need all the parts of the blood to fight illness."

In the Victorian era, MacLeod said, women were considered not intelligent enough to be doctors. Even thermometers were too much for women to handle.

While medical practices during those times seem ridiculous now, MacLeod said advancements were being made, especially during wars.

The show is being held in conjunction with an exhibit about the birth of medical marketing called Drink This, Take That!

## Outrage at firing of Carlton prof

**UNIVERSITY** Canadian professors say they are outraged at Carleton University for the abrupt firing of this week, with no warning or explanation, of a professor the French government says is responsible for the 1980 bombing of a Paris synagogue that killed four people.

Sociology professor Hassan Diab has been out on bail since March awaiting a January hearing on whether Canada should deport him to France, which plans to charge him with murder.

But when a judge loosened Diab's bail conditions this week to give him more freedom of movement on

the Ottawa campus, B'nai Brith Canada released a statement Tuesday condemning Carleton for employing a suspected terrorist.

Later that day, while Diab was teaching a class in introductory sociology, university officials cancelled his contract and named another professor to replace him.

"This shows a total disregard for the presumption of innocence until proven guilty ... we've never seen anything like this at a Canadian university," said Jim Turk, executive director of the Canadian Association of University Teachers.

**TORSTAR NEWS SERVICE**

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What's online today.

**Video** Alleged victims of accused swindler Earl Jones hold a protest in Montreal as firm declares bankruptcy at metronews.ca/canada

**Lotteries**

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**Ontario 49:** 3, 4, 5, 9, 15 & 23. Bonus 41  
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**Encore:** 1279091  
**Daily Keno:** 1, 2, 6, 12, 15, 17, 27, 30, 35, 37, 42, 45, 48, 50, 52, 57, 60, 64, 69, 70.  
These results are not official.



**Jones' company declared bankrupt**

The company of Montreal investment adviser Earl Jones has been declared bankrupt by a Quebec court, clearing the way for a trustee to see how much money is left, CBC News Online reports. **METRO NEWS SERVICES**

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# Canada



## Shipbuilders OK new contracts

Shipbuilders have agreed to a radical change in the way contracts will be doled out by the federal government, CBC News Online reports. The federal government plans to spend \$40 billion over the next 30 years to build as many as 50 large ships, on top of the 70 ships under 1,000 tonnes earmarked for revamps. "There is going to be enough work with 50 ships on order for every shipyard in the country to be going full steam," said Defence Minister Peter MacKay. **METRO NEWS SERVICES**



Defence Minister Peter MacKay tosses an apple in the air as he leaves a Conservative caucus meeting on Parliament Hill yesterday. A new poll puts the Tories and Liberals in a dead heat.

## Parties locked up in statistical dead heat, according to new poll

**POLITICS** You wouldn't know it from the rhetoric, but the political parties have hit the summer doldrums, a new poll suggests.

A survey by Angus Reid Strategies shows the federal Liberals and Conservatives in a statistical dead heat — 34 to 33 per cent — and flags a warning note for any party thinking of plunging into a fall election: no wind of change is blowing across Canada. The survey shows the shaky economy is still voters' top concern — despite a declaration by Bank of Canada governor Mark Carney that the recession is over — and no party's leader has clearly won the trust of a majority of Canadians on that.

If anything, Canadians trust Carney more than either Prime Minister Stephen Harper or his Liberal rival Michael Ignatieff to manage the economy, but Carney's trust ratings dropped after his sugges-

**"To say we're out of the woods — I don't think that's the position of our government."**

Industry Minister Tony Clement

tion the economy was finding its footing again.

That, at least, appeared to strike home as minister after minister yesterday distanced the federal Conservatives from Carney's economic optimism.

"To say we're out of the woods — I don't think that's the position of our government," said Industry Minister Tony Clement. "We're still focused on the economy, we're not focused on a fall election quite frankly — that's what the Liberal leader of the Opposition is focused on — but that's not our focus. Our focus is the economy." **TORSTAR NEWS SERVICE**

## Tale of two Summers recounts weather

Residents describe unseasonal climes on coasts

**Here is the tale of two Summers across the country from B.C. to Newfoundland.**

Aaron Summer of Burnaby, B.C. is melting in a record-breaking heat-wave. And Rosemary Summers of Newfoundland is basking in the sun for now but knows it won't last.

For anyone wondering where summer went, these Summers know.

In St. John's, Rosemary Summers, who loves hot dry temperatures so much that she moved years ago, with high hopes, to a home on Summer Street, said it hasn't been a great year.

"We know out here in Newfoundland that only in August are you going to be guaranteed at least some summer weather," said Summers. "It would be great to be in B.C. We never get temperatures in the 30s here."

For many in B.C., the hot weather has been a little too hot.

Dry conditions have already forced 11,000

**"We know out here in Newfoundland that only in August are you going to be guaranteed at least some summer weather."** Rosemary Summers, St. John's resident

people from their homes temporarily after forest fires lit

up around the Okanagan. Most have been contained. But the heat toll is mounting.

The fire chief of Langley, a suburb of Vancouver, was hospitalized Tuesday after suffering a cardiac arrest while fighting a blaze.

Burnaby resident Aaron Summer said the only way to stay cool is to find a spot in the community pool where he has been bringing his 2-year-old daughter every day. "If you can't be in the pool, the only thing you can do is sit close to an air conditioner and hope this doesn't last for much longer," said Summer.

**TORSTAR NEWS SERVICE**

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## Physician cries foul over ads

**HEALTH** Canadian physician Robert Ouellet is tired of hearing Canada's healthcare system cast as the boogeyman in the vitriolic U.S. political debate over healthcare reform.

Critics of U.S. President Barack Obama's reform drive have accused him of trying to adopt the Canadian system of public healthcare funding, which they say endangers patients with lengthy waits for medical care.

Some advertisements feature Canadian citizens who say they were denied needed medical care or forced to seek treatment at their own expense in the United States because



**"To say that the system is a complete failure is not fair. When people go to the hospital they get good quality medical care. People are not dying on the street."**

Physician Robert Ouellet

Canada's system was too slow to respond.

While Ouellet, president of the Canadian Medical Association, admits that Canada's system has its flaws, including excessive wait times for some medical services, he denies the accusation that it puts lives at risk.

"To say that the system is a complete failure is not

fair. When people go to the hospital they get good quality medical care," says Ouellet. "People are not dying on the street."

Canadians are quick to cite healthcare as a cultural difference, describing it as inconceivable that 47 million Americans — more than Canada's population — live without health insurance.

**REUTERS**

## Groups call for balance of green goals, jobs

**ENVIRONMENT** Canada's response to global warming needs to balance environmental goals with creating green jobs, according to a new partnership between a labour and an activist group.

The United Steelworkers is teaming with Environmental Defence to release recommendations today for a national "cap and trade" system.

A cap and trade system places a limit on greenhouse gases and lets companies or governments buy and sell emission permits within that cap. Those that breach pollution targets can buy credits from others earning a surplus, with trading prices set according to open market principles.

Ontario is expected to have a cap and trade system by 2012. The EU has operated a carbon-trading system since 2005.

"We see (cap and trade) as a potential instrument of economic recovery and the rebuilding of manufacturing in this country — but only if the rules are written properly," said Ken Neumann, national director for the United Steelworkers.

A cap on emissions should be based on scientific evidence, the groups say. **TORSTAR NEWS SERVICE**

## Tundra heating up, says expert

**CLIMATE CHANGE** Regions of Arctic tundra around the world are heating up very rapidly, releasing more greenhouse gases than predicted and boosting the process of global warming, a leading expert said yesterday.

Professor Greg Henry of the University of British Columbia also said higher temperatures meant larger plants were starting to spread across the tundra, which is usually covered by small shrubs, grasses and lichen.

The thicker plant cover means the tundra region is getting darker and absorbing more heat.

**REUTERS**





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## 4 canada

Firefighters continue to battle forest fires across B.C., many of them sparked by electrical storms, reports CBC News Online. **METRO NEWS SERVICES**

# Ottawa considering Nortel deal review

Will delay decision until after appeal period

Canada will not make a decision on whether to review Nortel Networks' \$1.13-billion US sale of wireless assets to Sweden's Ericsson until after a 21-day appeal period is complete, Industry Minister Tony Clement said yesterday.

"We have to first consider whether the Investment Canada Act applies, that's what we're reviewing right now," Clement told reporters in Ottawa.

The sale to Ericsson got the blessing of U.S. and Canadian courts Tuesday. Losing bidders and Nortel creditors can now appeal the ruling.

When asked whether he



**"We have to first consider whether the Investment Canada Act applies, that's what we're reviewing right now."** Tony Clement, industry minister

would wait for the appeal process to finish before making a decision on a government review, Clement said: "I think that is accurate, yes, but in the meantime, during the 21-day period, obviously we have to review what applies and what doesn't apply."

The federal government has been lobbied by Canadian BlackBerry maker Research In Motion to block

the sale. RIM argues that keeping Nortel's technology in Canada is vital to national security.

It is not clear whether Ottawa will have the final say in approving or rejecting the Ericsson purchase under the Investment Canada Act, which normally requires a government review for foreign takeovers of a Canadian business worth more than \$312 million Cdn. **REUTERS**

## News in brief

**WILDLIFE** The Ontario government should halt all logging and roadbuilding in endangered woodland caribou habitat, as six out of nine known populations below the

51st parallel are at risk of collapsing, environmentalists warn. A report released by the Wildlands League reveals the formerly pristine habitats of six caribou populations have

already been disturbed by logging and wildfires to the point where they likely will no longer sustain the extremely sensitive species.

**TORSTAR NEWS SERVICE**



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# Obama is a U.S. citizen, insists exasperated White House

A vocal group of conspiracy theorists known as "birthers" are persistently claiming that Barack Obama is not an American citizen and therefore ineligible to be president. **REUTERS**

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## World

### Decency law challenged

Sudanese woman prepared to give up UN immunity to fight

**A Sudanese woman facing 40 lashes for wearing pants in public made her first appearance in a court packed with supporters yesterday, in what her lawyer described as a test case in Sudan's decency laws.**

There were chaotic scenes as Lubna Hussein, a former journalist who works for the United Nations, attended the hearing wearing the same green slacks that got her arrested for immodest dress.

Indecency cases are not uncommon in Sudan. But Hussein has attracted attention by publicizing her case, inviting journalists to hearings and using it to campaign against dress codes sporadically imposed in the

#### Foreign attention

The trial in Khartoum was also attended by representatives of the embassies of Canada, France, Sweden and Spain, alongside politicians and members of the Sudanese Women's Union.

capital.

The case was adjourned yesterday as lawyers discussed whether her status as a UN employee gave her legal immunity.

After the hearing, defence lawyer Nabil Adib Abdalla said Hussein had agreed to resign from the United Nations in time for the next session on Aug. 4 to make sure the case continued.

"First of all she wants to show she is totally innocent, and using her immunity will not prove that," Abdalla told reporters. "Second she wants to fight the law. The law is too wide. It needs to be reformed ... This is turning into a test case. Human rights groups will be watching this closely."

He said Hussein was ready to face the maximum penalty for the criminal offence of wearing indecent dress in public which was 40 lashes and an unlimited fine.

"Thousands of women are punished with lashes in Sudan but they stay silent," Hussein said. "The law is being used to harass women and I want to expose this."

**REUTERS**

### Spain 46 injured in car bombing



Investigators sift through debris at a Civil Guard barracks after a car bomb exploded in the northern Spanish city of Burgos yesterday. At least 46 people were slightly injured. Authorities said the attack was probably carried out by the Basque separatist group ETA.

### Israel allows cement into Gaza

**MIDDLE EAST** Israel will allow some cement into the Gaza Strip for reconstruction, officials said yesterday, signalling flexibility on a blockade as the U.S. intensified efforts to broker peace-making. After Hamas seized Gaza in 2007, Israel curbed imports that it said could be used to make arms or bunkers. The lack of cement and steel has been especially felt since Israel's December-January offensive, which devastated the coastal strip.

**REUTERS**

### Leader says 10,000 missing

**CHINA** Nearly 10,000 Uighurs involved in deadly riots in China's Xinjiang region went missing in one night, exiled Uighur activist Rebiya Kadeer said yesterday, calling for an international investigation.

More than 1,000 people were detained in the immediate aftermath of the riots, and over 200 more in recent days, state media said. None has been publicly charged.

China has accused Kadeer of triggering the riots and of spreading misinformation. "The nearly 10,000

(Uighur) people who were at the protest, they disappeared from Urumqi in one night," she told a news conference in Tokyo. "If they are dead, where are their bodies? If they are detained, where are they?"

In a measure of continued nervousness and lack of information in Urumqi, the city government was forced to deny rumours sweeping the Han population that Uighurs were kidnapping Han to exchange them for detained Uighurs, a Chinese newspaper said.

**REUTERS**

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## 6 world

Vyacheslav Ivankov, one of the most powerful godfathers of the Russian mafia, has been shot and seriously wounded by a sniper in Moscow. **REUTERS**

# Meet upbeat Obama

'Things have gotten better,' he tells town hall meeting

**U.S. President Barack Obama launched a spirited defence of his economic policies yesterday.**

"We may be seeing the beginning of the end of the recession," he said at a North Carolina town hall meeting.

But Obama said he was startled to see a Newsweek magazine cover that declared, "The recession is over."

"Here's what's true," he said. "We have stopped the freefall."

"The market is up and

**"Here's what's true. We have stopped the freefall."**

Barack Obama

the financial system is no longer on the verge of collapse. That's true. We're losing jobs at half the rate we were when I took office six months ago.

"We just saw home prices rise for the first time in three years. So there's no doubt that things have

gotten better ...

"But that's little comfort if you're one of the folks who have lost their job, and haven't found another."

Obama took on Republican critics who say his \$787 billion economic stimulus plan has failed to prevent the jobless rate from rising to 9.5 per cent.

"I can't help but remember those same critics contributed to a \$1.3 trillion deficit I inherited when I took office," Obama said.

**REUTERS**

## U.S. shuttle delays are costing us, Russia says

**SHUTTLE** A senior Russian space official said delays in U.S. shuttle launches to the International Space Station mean extra work for Russian rocket crews without any financial compensation.

Russia and the United States are the main contributors to the 16-nation \$100 billion space station project.

But Russia has lately borne the brunt of sending crews and cargo to the space station.

"We are most concerned by the unpredictability of shuttle launches," Russian mission control flight coordinator Valdimir Soloviov is quoted as saying.

He added: "This is a big strain on the staff which is not financially compensated."

**REUTERS**

## Race She dialled up a crisis



Lucia Whalen waits to speak at a press conference in Cambridge, Mass., yesterday. Her 9-1-1 phone call led to the arrest of Harvard prof Henry Louis Gates — a black man — as he was trying to get into his home. Today, Barack Obama will reportedly meet Gates and the white arresting officer over a beer at the White House.

## Only 367 wear veils in France?

**HEADGEAR** Only 367 women in France wear Islamic veils that cover their faces and bodies, a newspaper reported yesterday.

It undermines the posi-

tion of politicians pushing for a ban on the garments. The newspaper, Le Monde, said the idea of a ban should be dropped.

**REUTERS**

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Thursday, July 30, 2009

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# Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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## Comment

## Girls (not) gone wild

Bachelorette, bachelor parties feature vital differences

### Relating

Sofi Papamarko

metronews.ca/papamarko

To celebrate the impending nuptials of a dear friend, nine of us headed to a cabin in rural Quebec for a bachelorette weekend. We sunned ourselves on a dock, ate a variety of artisanal cheeses, played a few spirited rounds of charades and toasted the bride-to-be with sparkling wine.

The groom, in the meantime, was swept off to Toronto by his buddies to participate in the time-honoured tradition of ogling nubile in various states of undress.

If the men were the

movie *The Hangover*, we were Oprah's Book Club.

Think we're lame? I've heard of bachelorette parties that mostly involved board games and pottery glazing (not a euphemism).

It makes me question the long-held wisdom of one Cyndi Lauper: Do girls just wanna have fun? Or would they rather have sedate martinis, gripe about their boyfriends and hit the sack at a reasonable hour?

This is not to say that many bachelorette parties aren't wild and crazy events featuring pink bridal veils, low-cal coolers, too-short skirts and drunken, ill-advised flirtations with cab drivers. But it seems to me that even the most out-of-control bachelorettes don't hold a candle to the most unhinged bachelor parties.

Beth Montemurro is an associate professor of sociology at Penn State Univer-

### On the web

For more views on relating, go to Love Bytes at [metronews.ca/blogs](http://metronews.ca/blogs)

sity. In her book *Something Old, Something Bold: Bridal Showers and Bachelorette Parties*, Montemurro points out that bachelor parties are historically about making the most of the groom's final hours of freedom and a supposed reluctance to let that go. Bachelorettes, although they ape the traditions of male bachelor parties, seem more akin to "pep rallies ... increasing excitement and anticipation" of the main event: The wedding.

"The most important part of the bachelorette party for women I interviewed was about spending time with their friends," Montemurro told Metro via email. "Women were less

interested or aroused by the sexual elements of bachelorette parties (e.g. going to strip clubs) and more often found them to be embarrassing or funny."

In summation, the vital differences are as follows: Bachelorette parties? A female bonding ritual that satirizes sexuality.

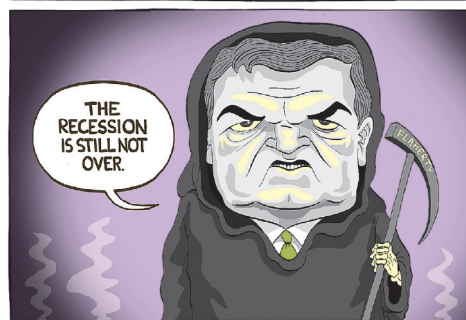
Bachelor parties? Last call for fun, fellas!

When my time comes, I hope my ladies know me well enough that they won't bust out the tiaras, tulle and exotic dancers named Rico. Ideally, I'd want my bachelorette to be held at a karaoke dive. My friends and I would bask in one another's delightful company and regale each other with the sweet, sweet sounds of Journey.

I might even drink.

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.

WE INTERRUPT THE SUMMER FOR THIS SPECIAL ANNOUNCEMENT...



## Worth mentioning

## Number of sex partners linked to depression: Study

Young men and women who suffer from depression are much more likely than their peers to have multiple sex partners in a given year, according to new research.

Dr. Maria R. Khan, of The University of North Carolina at Chapel Hill, and her team also found that for black men — but not black women, or white men or women — being depressed increases the likelihood of contracting a sexually transmitted infection (STI).

"This study provided further evidence that U.S. youth at high risk for STI also experience a disproportionate risk of depression, highlighting the need for improved integration of mental health and STI diagnosis, treatment, and prevention," Khan said.

"Black youth should be a

priority when allocating resources to improve mental health care," she added.

The researchers studied 8,794 young people in the National Longitudinal Study of Adolescent Health, which began in 1995, when participants were in Grade 7 to Grade 12.

The researchers found that about 20 per cent of black women were recently or chronically depressed in adulthood, as were nearly 12 per cent of black men, 13 per cent of white women and eight per cent of white men.

For both genders and among blacks and whites, being depressed was associated with a greater likelihood of having multiple sex partners, although it didn't have an effect on whether or not people used condoms.

REUTERS

## Views

## Domestic violence crosses all boundaries

### FourthWave

Canice Leung

metronews.ca/fourthwave

If the picture of family dysfunction emerging from St. Leonard, Que., about the Shafia family scares you, find comfort with the many Canadians that have, too.

Mohammed Shafia, his wife and their son are charged with the deaths of Shafia children Zainab, 19, Sahar, 17, and Geeti, 13, and Rona Amir Mohammad, 52, after the four were found dead inside a submerged car in a Rideau Canal lock. Rona, initially identified as a relative, turned out to be Shafia's first wife.

A man claiming to be Rona's sibling said she wanted a divorce, which the man of the house would not grant. He also banned her from using the phone, took her passport and threatened to beat her, the relative claims. Zainab had taken a romantic interest in a Pakistani boy against her family's wishes; she reportedly ran away in the spring.

Kingston police Chief Stephen Tanner stopped short of calling the deaths honour killings, but described the situation as "cultural issues" between a family and "Canadian teenagers who have all the freedom and rights of expression of all Canadians."

In online news articles about the killings, thinly veiled Islamophobic commenters have invited (in so many words) the Shafias

and their ilk to leave Canada.

Federal Public Safety Minister Peter Van Loan said Monday that honour killings are "simply unacceptable" and added, "We ... encourage people when they come to Canada to recognize the importance of Canadian values."

What are Canadian values? Platitudes about fitting in while remembering your culture are empty when considering the much-publicized employment and housing challenges that newcomers face.

Filing the Shafia women's deaths under "honour killings" and chalking it up to an immigrant gone bad takes away from the responsibility their own kin may have had in it. Domestic violence crosses all boundaries — fearmongering names or

not.

In a broader context, these deaths show that violence against women happens in spite of our milquetoast, utopic values, especially for the women who needed the help most. The warning signs were clear. For an entire generation, the Canadian Dream is turning out to be a farce.

Post- Trudeauism, does the promise of multiculturalism lie in a lock? Is it as bitter a term as our southerly neighbour's concept of the "E pluribus unum" melting pot? If the public's visceral, instant judgment of the Shafias is any indication, those that don't are not welcome here. Out of many, one discordance.

Canice Leung is a former editor of Ryerson University feminist magazine *McClung's*, copy editor at Metro, ardent feminist and loudmouth.

## Metro Online Poll Results

40% SAID YES

Should Michael Vick have been reinstated to the NFL?

Weigh in on today's question at [metronews.ca](http://metronews.ca)

60% SAID NO

Tell us your views by email to [ottawaleaders@metronews.ca](mailto:ottawaleaders@metronews.ca) or comment on [metronews.ca](http://metronews.ca) or on Twitter @metroottawa

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.



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**Major Coca-Cola bottler beats profit predictions**  
Coca-Cola Enterprises Inc., the largest bottler of Coca-Cola Co. drinks, blew past Wall Street's quarterly profit forecast yesterday, helped by price increases. **REUTERS**

## Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

### Bakery fuels strong Q2 for Maple Leaf

\$4.9M profit boosts listeriosis crisis recovery

**Maple Leaf Foods Inc., one of Canada's largest food processors, reported a quarterly profit on strong performances from its bakery and prepared meats divisions, as it recovered from the effects of last summer's costly tainted meat recall.**

Maple Leaf said yesterday it earned \$4.9 million, or four cents a share, for the second quarter, compared with a loss of \$9.4 million, or seven cents per share,

for the same period a year earlier.

Adjusted for the impact of restructuring and other items, the company earned 12 cents a share, compared with a loss of one cent.

However, revenue slipped three per cent to \$1.32 billion due to lower volumes in its processing and prepared meats divisions and lower pork prices.

Analysts expected an average of 13 cents a share on revenue of

\$1.37 billion.

Last summer, contaminated deli meats from a Maple Leaf food processing plant in Toronto were linked to at least 22 deaths. After an extensive investigation, the company said it believed two slicers at the plant had been harboring listeria bacteria.

Earlier this year it reached a tentative \$25 million settlement in a series of class-action lawsuits related to the listeriosis outbreak. **REUTERS**

Jazz deal might save Air Canada \$40M next year

**TRAVEL** Jazz Air Income Fund's renegotiated deal with Air Canada could save the cash-strapped national carrier about \$40 million next year and help to keep it out of bankruptcy court, analysts said yesterday.

Jazz, which is the regional feeder airline to Air Canada, announced

overnight that it will slash its annual distribution by 40 per cent as it reduces its fleet and changes its deal with Air Canada to help the larger airline attain "sustainable profitability".

"With the disclosure, the uncertainty surrounding the possibility of a filing by Air Canada is lessened," said Chris Murray, an airlines analyst at CIBC World Markets.

Jazz's units, however, slumped eight per cent, or 28 cents, to \$3.30 on the TSX yesterday as many investors who hold the security for its monthly cash distributions dumped it. **REUTERS**

California **Microsoft, Yahoo deal**



People walk past Yahoo offices in Santa Monica, Calif. yesterday. Microsoft and Yahoo inked a 10-year web search deal, announced yesterday, to challenge market leader Google, but stopped short of combining their display advertising businesses.

#### Business in brief

**MEDIA** Time Warner Inc.'s quarterly revenue fell a steeper-than-expected nine per cent due to a slump in advertising spending and DVD sales, but cost cuts helped profit beat Wall Street forecasts. The media conglomerate said yesterday it is starting to see a stabilization in the drop-

off in advertising, which began in the second half of 2008.

**DEBT** The U.S. Treasury sold \$39 billion US in five-year debt yesterday in an auction that drew poor demand, raising worries over the cost of financing the government's burgeoning budget deficit. **REUTERS**

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#### Economy claims another F1 team

BMW is pulling out of Formula One at the end of this season, following Honda as the second car maker to leave the series within a year. **METRO NEWS SERVICES**

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## Sports

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

# Balsillie bid nixed by NHL

Two other plans for Coyotes given OK

**The National Hockey League rejected Canadian billionaire Jim Balsillie's application for ownership of the Phoenix Coyotes hockey team yesterday, but gave its approval to two groups vying to buy the bankrupt club.**

The league said owners unanimously approved the application of sports tycoon Jerry Reinsdorf and ruled incomplete the filing by a group of investors under the name Ice Edge Holdings. But the league said Ice Edge could continue its efforts to buy the team.

The NHL, which does not want Balsillie moving the Coyotes to Canada, said in a terse statement that owners voted unanimously not to approve the application

### Ice Edge

Ice Edge investor Keith McCullough said he was not surprised his group did not receive full approval for its proposal, which including having the Coyotes play some games in Canada, and said the group will work to complete its offer over the next week.

from the co-CEO of BlackBerry maker Research In Motion Ltd.

A spokesman for PSE Sports and Entertainment, which represents Balsillie's bid, said he did not believe Balsillie's qualification to be an NHL owner was an issue given the league's approval of his application in 2006, when he previously tried to buy a

team.

Reinsdorf, a part-time Arizona resident, and Ice Edge have said they intend to keep the money-losing Coyotes in Arizona, while Balsillie wants to move it to Hamilton.

An auction for bidders who want to keep the Coyotes in Arizona is scheduled for Aug. 5. If the judge deems the bids inadequate, a second auction open to bidders who could move the team is set for Sept. 10.

Reinsdorf, who owns the Chicago White Sox baseball and Chicago Bulls basketball teams, bid up to \$148 million, while Ice Edge's letter of intent offers up to \$150 million. Canadian billionaire Balsillie bid was \$212.5 million. **REUTERS**

## Phillies land Lee in trade

**BASEBALL** The World Series champion Philadelphia Phillies bolstered their pitching depth by acquiring Cy Young winner Cliff Lee in a trade with the Cleveland Indians yesterday.

The Phillies, who lead the National League East by seven games over Florida, sent four prospects to Cleveland for left-hander Lee, who is 7-9 with a 3.14 ERA this season after claiming AL Cy Young honours with a 22-3 mark in 2008.

Philadelphia also received outfielder Ben Francisco in return for Class A right-hander Jason Knapp and Triple A right-hander Carlos Carrasco, catcher Lou Marson and shortstop Jason Donald.

**REUTERS**

## Toronto FC Champions League



Toronto FC Pablo Vitti battles for the ball with Puerto Rico Islanders Noah Delgado last night during CONCACAF Champions League action in Toronto. Puerto Rico won the game 1-0. The second leg of the home-and-home series is scheduled for Aug. 4 in Puerto Rico.

### Sports in brief

**SWIMMING** Zhang Lin obliterated the world record to steam to victory in the men's 800 metres freestyle and become China's first male swimming world champion yesterday.

**FORMULA ONE** Seven times Formula One world champion Michael Schumacher will replace injured driver Felipe Massa at Ferrari if he passes a fitness test, the team said yesterday.

**REUTERS**



# Metro Homes

## HGTV holiday marathon

HGTV is hitting the outdoors with a bang this coming holiday Monday. From noon to 5 p.m., the station will be focusing all its programming efforts on outdoor living — from landscape don'ts to over-the-top RVs and boats to some innovative ways to use previously wasted rooftop space. Tune in this civic holiday Aug. 3 for the whole series.

METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Canadian Gardening Magazine

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## Outside Decor

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# Buzz off! Tips for West Nile

Summer afternoon. "The two most beautiful words in the English language," mused author Henry James.

But when dusk falls in Canada, things can turn ugly. In just minutes, chattering patio guests resort to a slap-fest and the hardest of gardeners retreat indoors.

Mosquitoes! A mere irritant for most, but each summer an unlucky few will fall victim to these suckers. Last year, 36 human cases of West Nile virus emerged in Canada — a substantial drop from 2007, when the country had a record 2,215 hits.

The virus is passed from infected birds to humans via mosquitoes, and is not transmitted between humans as the H1N1 virus is.

"Some very general figures are that, for every 100 people bitten by an infected mosquito, only 20 will develop symptoms, mainly fever," says Dr. Harvey Artsob, zoonotic diseases and special pathogens director at Health Canada's National Microbiology Laboratory



Gardeners are the first line of defence when it comes to fighting the spread of West Nile virus.

in Winnipeg. "Perhaps one in 100 will develop neurologic symptoms, such as meningoencephalitis, but, in fact, fatalities are rare."

Gardeners are on the first line of defence in the fight against West Nile

virus, and are well placed to break the mosquito's breeding cycle.

It takes four days for the eggs — laid in stagnant water — to hatch. So twice a week be sure to drain pool covers, flowerpot saucers, wheelbar-

rows, garbage cans, old tires and birdbaths.

Cover rain barrels with screens, and clean eavestroughs and drains regularly.

Stock up with fish in the pond — they love to snack on mosquito larvae

— or use a pond aerator. Ensure pool and hot tub water receive the proper amount of chlorine. And, as mosquitoes look for shelter in the heat of the day, keep lawns trimmed and unruly shrubbery pruned.

## Battle dress

- Protect yourself at dawn and dusk, a favourite time for gardeners — and mosquitoes.
- Ditch your Daisy Dukes and pull on long sleeves, pants and a hat.
- Wear light colours — in the mosquito world, black is always back.
- Slap on a natural insect repellent, containing oil of lemon eucalyptus for example.

There is no vaccination or treatment for West Nile virus and, although the elderly and immunosuppressed may be at higher risk, serious disease has been documented in all age groups.

"We therefore want all individuals to take precautions to reduce their exposure to mosquito bites," says Artsob.

"Particularly during the high-risk season, which is late July until the first hard frost." For further information, visit Canada's Public Health Agency website: [phac-aspc.gc.ca](http://phac-aspc.gc.ca).

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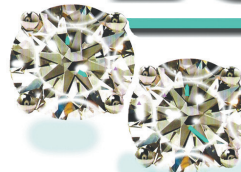
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**The Jamie revolution**

Jamie's Food Revolution by celebrity chef Jamie Oliver topped last week's best selling cookbook list at Amazon.ca. In Defense of Food came in second, followed by The UltraMetabolism Cookbook in third. **METRO NEWS SERVICES**



# Food

The Food Network presents a new recipe application for BlackBerry smartphones that allows users to connect with their favourite hosts, recipes and shows, and have access to a wealth of meal ideas on the go.

METRO NEWS SERVICES

**To get it**

To download the recipe application log onto [foodtv.ca](http://foodtv.ca) or to access the new mobile application right from your BlackBerry smartphone visit [blackberry.com/appworld](http://blackberry.com/appworld).

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

**Liquid Assets**

**Peter Rockwell**


[metronews.ca/liquidassets](http://metronews.ca/liquidassets)
**Where the wild things are**

Have you noticed that there are a lot fewer animals at your local liquor store? It seems like overnight the menagerie staring back at me from the front panels of wine bottles have gone the way of the Dodo bird.

Critter labels were all the rage for most of this decade. They helped draw consumers to Australia (who offered a zoo full of examples) and, even more importantly, made wine appear less intimidating.

A fickle market looking for more sophisticated label designs seems to have killed most of them off. Yellow Tail's wallaby and Fat Bastard's hippo aside you really have to look hard to find some fauna on store shelves.

**Ravenwood's 2006 Vintners Blend Zinfandel (\$17.95 - \$19.99)** from California has used a trio of ravens as its logo since the '70s. Its entry level zin is ripe with black fruit supported by a backbone of peppery spice and licorice that makes it another fine red for barbecue season.

New Zealand's **Monkey Bay 2007 Sauvignon Blanc (\$14.95 - \$17.99)** has adopted a swinging chimp as its label icon. Off-dry with zingy citrus fruit it's a great partner for fresh lobster or crab meat.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

**Personal Gourmet recipe of the month**

ROSE REISMAN

## Steak and smashed potatoes

**Tex-Mex Flank Steak with Corn Salsa**

With the sauce and corn salsa accompaniment, this is a great Southwestern dish.

Sautéing the corn gives it a barbecued flavour. Be sure to allow time for marinating the steak. Leftovers taste just as good the next day; either reheat gently or serve at room temperature.

PREP TIME: 10 MIN

COOK TIME: 25 MIN

SERVES 6

**INGREDIENTS:**

- 1 cup barbecue sauce
- 1/3 cup cider vinegar
- 2 Tbsp molasses
- 1/4 tsp hot pepper sauce
- 1 1/2 lb flank steak
- 1 cup canned corn kernels, drained
- 1 cup diced red bell pepper
- 1 cup canned black beans, drained and rinsed
- 1/3 cup chopped green onion
- 1/4 cup chopped cilantro or parsley

**METHOD:**

Whisk the barbecue sauce, vinegar, molasses and hot pepper sauce in a bowl. Place the flank steak in a shallow, non-reactive baking dish and pour the sauce over the steak. Cover with plastic wrap and refrigerate for 2 hours or overnight.

For the salsa, spray a non-stick skillet with cooking oil. Place over medium heat, and sauté the corn and red pepper until the corn begins to brown,



about 5 minutes. Stir in the beans, onion and cilantro. Set aside.

Remove the steak from the marinade, and set the marinade aside in a small saucepan.

Preheat the barbecue or a non-stick grill pan to medium-high and spray with cooking oil. Cook the beef over medium-high heat for 5 to 8 minutes per side, or until it's done to your liking.

While the steak is cooking, bring the reserved marinade to a boil and boil for 5 minutes. Serve the steak with the sauce and salsa on the side.

**Smashed Potatoes**

We all love mashed potatoes, but if you've never had a "smashed" potato, you're in for a treat.

Seasoning and baking turns these flattened potatoes into a crispy, delicious dish.

PREP TIME: 5 MINUTES

COOK TIME: 45 MINUTES

SERVES 4

**INGREDIENTS:**

- 8 small red or white potatoes
- 2 tsp olive oil
- 2 tsp grated Parmesan cheese
- 1/4 tsp garlic powder
- pinch paprika
- pinch salt
- 3 tbsp finely chopped fresh parsley

**METHOD:**

Preheat the oven to 400°F. Line a baking sheet with foil and spray with cooking oil.

Place the potatoes in a saucepan, cover with water and bring to a boil. Boil for 15 minutes, or just until fork-tender. Drain and place on the prepared baking sheet. With the palm of your hand, press the potatoes flat, trying not to break them (cracks are normal).



Tex-Mex Flank Steak with Corn Salsa, left, and Smashed Potatoes, above.

**About Rose**

Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at [rosereisman.com](http://rosereisman.com) and [personalgourmet.ca](http://personalgourmet.ca)

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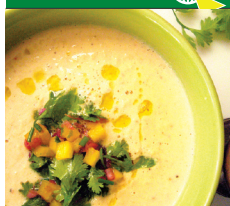
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**On the web****Global Peasant:**

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Visit [metronews.ca/globalpeasant](http://metronews.ca/globalpeasant) to read Diane's recipe for Corn Chowder with Fresh Salsa.

**Local Savour****The Foolish Chicken**

79 Holland Ave.

Ottawa

613-321-4715

[foolishchicken.ca](http://foolishchicken.ca)

Pound of wings, \$9.99

Other than its name, there's nothing Foolish about this Chicken. Aside from being a quirky, low-key place to stop in for food after work, The Foolish Chicken has a tasty selection of food that includes mouth-watering barbecue chicken and ribs that are marinated, slow-baked, then grilled to perfection before being covered in the restaurant's secret sauce. Also of

note is the restaurant's pulled pork sandwich and spinach walnut salad. Many of the items on the menu are celiac-friendly. Take out is also available.

While a pound of wings will set you back \$9.99, a combo platter with wings, ribs, fries and onion rings — perfect for sharing — is \$22.99.



# Style

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Fall fashion spectacular! Canada's edgiest model wears the season's top looks, only in ELLE Canada!



## INSPIRATION HIT LIST

Best buys under \$80



**THE COLOURFUL CLUTCH**  
PVC clutches, KGB Studio (\$35 each, 1-800-295-7287)



**THE BIKER JACKET**  
Zip-front pleather bomber jacket, Only (\$75, 1-866-338-4392)



**GRAPHIC LEGGINGS**  
Print cotton leggings, Nümpf (\$70, 514-387-4238)



**THE METALLIC NECKLACE**  
Metal bead necklace, Expression (\$55, at The Bay)



**THE '80S DRESS**  
Graphic velvet dress, H&M (\$70, hm.com)



**BUCKLED BOOTIES**  
Open-toe leather booties (\$60, at Spring)

## SWEPT AWAY

THE CLASSIC SMOKY EYE GETS A FIERCE NEW ATTITUDE FOR FALL

**EXPERT** Jacquie Jeffery, education and artistry executive for Make Up For Ever • Dab a concealer under the eyes to hide dark circles, then sweep a shimmery nude eyeshadow across the lids. • Apply a black matte shadow in the crease, blending the colour out toward the temple. • Add definition by lining the upper lash line with a black cream liner and smudging it up into the crease. • Finish with a coat of black mascara, brushing the wand out toward the outer corner of the eye so that lashes mimic the winged-out shadow.



Kiehl's Marvelous Mineral Mascara in Black (\$23)

Girlaktik Beauty Star Eyeshadow in VIP (\$22)



Estée Lauder Gilded Rose Marbleized Shimmer Powder (\$42)



Givenchy Gloss Interdit Lip Gloss in 04 (\$28)

## Editors' Pick



## MATERIAL GIRL

These cute cropped booties combine two fall 2009 trends—leather and the '80s — which ruled the international catwalks. (They wouldn't have been out of place on Marc Jacobs's raucous runway.) Add a hit of colour and you've got an instant dance party — just add Grace Jones (\$125, at Aldo).



## DOWN-TO-EARTH

This simple woody scent is inspired by nature, but it's the modern design of the bottle that makes it a stand-out. A Scent by Issey Miyake Eau de Toilette Spray (\$117 for 100 mL)

## Kenya's Style

### Kenya Hunt

Read the blog at [metronews.ca/kenyastyle](http://metronews.ca/kenyastyle)

To read these stories and more, visit: [ellecanada.com](http://ellecanada.com)

## RECOMMENDED BY METRO READERS

### Top 5 Therapists

- Meagan Roback**  
"Meagan is a very skilled R.M.T. I have had her work on my neck, my back, my legs, and my arms with great results every time."
- Guevorg**  
"Guevorg is a highly knowledgeable, experienced and holistic massage practitioner."
- Kim Johnson**  
"Kim is great with deep tissue injuries."
- Cynthia Scott**  
"I highly recommend Cynthia to all my clients."
- Baldvin and Sohaila**  
"Both give fantastic massages that remove all my aches and pains."

Visit [metronews.ca/gigpark](http://metronews.ca/gigpark) for thousands of reader recommendations

Powered by **metro** and **gigpark**

## Teach English in Canada or Overseas

The **ACE** TESOL Certificate Course

This teacher training course is recognized by TESL Canada



[www.tesl.ca](http://www.tesl.ca)

- Fast -Track to certification
- Learn Effective and Practical ESL teaching skills
- Job Placement assistance in Canada and Overseas
- Information Session: Wed. Aug. 26 @ 5 p.m. Please RSVP as seating is limited



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E-mail: [karen.mushing@cjonquiere.qc.ca](mailto:karen.mushing@cjonquiere.qc.ca)  
[www.languages-jonquiere.ca](http://www.languages-jonquiere.ca)

### NEXT SESSION

Part-Time: Saturdays (9:00 to 4:00)  
from Sept.12 - Dec. 19, 2009




# Entertainment

★★★★★ A CLASSIC: ★★★★★ EXCELLENT: ★★★ GOOD: ★★ FAIR: ★ POOR

# Tisdale's Guilty Pleasure

**Album:** Guilty Pleasure  
**Label:** Warner  
**Rating:**  1/2




**Album:** Songs From The Road  
**Label:** Stoney Plain/Warner  
**Rating:** 



**JEFF HEALEY**  
SONGSEROTOR THE ROAD

**Album:** La Roux  
**Label:** Polydor/Universal  
**Rating:**  ½




**Album:** Exposed  
**Label:** Soda Pop/Island  
**Rating:**  ½



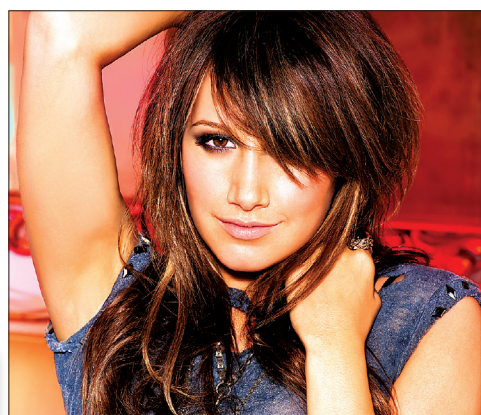
KRISTIN LaDERGA

music@metronews.ca

**Album:** Live at the Mauch Chunk Opera House  
**Label:** Outside  
**Rating:** 

**THIS HAS THE** feel of one of those charming NPR radio shows broadcast live from the fictional shores of Lake Wobegon. You expect Garrison Keillor to come out between the tracks to introduce the next song. It was recorded a year ago in a quaint little theatre in a picturesque Pennsylvania town with the unlikely name of Ilim Thorpe. It's

**Jennifer Love Hewitt is hoping to give audiences a fright — the star is set to publish her own graphic horror novel. The actress has landed a deal for a comic book series, *The Music Box*. [FEMALEFIRST.CO.UK](http://FEMALEFIRST.CO.UK)**



**Guilty Pleasure** is the new album from Ashley Tisdale.

mom's apple pie with a healthy dose of maple syrup and a pair of Birkenstock sandals thrown in for good measure. For all those reasons you're either going to love this album or hate it. Choose to love it. The three-part harmonies of Winnipeg's Wailin' Jennys should be considered

some kind of national treasure. They're captured magnificently here in a live setting. It's a sound that'll make you hungry for pie. Comfort food.

Graham Rockingham/for Metro Canada

Listen to this week's  
reviewed music at  
**metronews.ca/music**

	or	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	
7/30/09	prime time	265	353	2	TVO	Super Copter		The Best of The Agenda	Marking Time		Houses of Hristina		Best-Agenda	
		211	331	3	GTV	ET Canada	Entertainment	Big Brother 11 (Live)	The Office	The Office	House		News	
		-	-	5	SRC	Des squelettes	Gars fille	Perdus "The Variable" (SC)		Bons baisers de France (SC)		Le Téléjournal et Les Nou		TJ Ontario
		209	342	6	CHRO	The Road to Avonlea		Greek (N)		Grey's Anatomy		(10:02) Private Practice		Comedy Now
		196	311	7	CTV	Hollywood	Corner Gas	CSI: Crime Scene Invstgtn.		So You Think You Can Dance		The Listener (HDTV) (N)		News
		208	303	8	CBC	Coronation St.	Jeopardy!	Doc Zone (HDTV)		Doc Zone (HDTV)		CBC News: The National		The Hour
		-	360	9	NBC	Wheel-Fortune	Jeopardy!	30 Rock	Parks-Recreat	The Office	30 Rock	Law & Order "Chattel"		News
		117	713	10	TVS	Dépenses xtr	Marché	Dr. House (HDTV) (SC)		Mollie (HDTV) (SC)		TVA 22 heures	Sûcré-salé	Armée
		-	-	11	QSA	Grande fille	Avec Albert	La Maison du secret (2007, Suspense)		Tori Spelling.		La Porte des étoiles (SC)		Call TV
		137	763	12	TFO	Panorama été	Esprit	Tout simple	Villages	La Cérémonie *** (1995, Drame)	Isabelle Huppert.			Esprit
news	prime time	-	362	13	CBS	Dr. Phil		Big Brother 11 (Live)	CSI: Crime Scene Invstgtn.		(10:01) The Mentalist		Two/Half Men	
		216	395	14	OMN2	Raymond	According-Jim	Omni News: S. Asian Edition	Omni News: Cantonese Edition		Two/Half Men	King	Cold Case	
		214	344	15	CITY	Law & Order: SVU		30 Rock	Parks-Recreat	According-Jim	30 Rock	Law & Order: UK (N)		News
		115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
		218	345	18	E!	The Insider (N)	E! News	How I Met	Til Death	True Hollywood Story		The Beast "Til" (N)		News/Eleven
		-	361	20	ABC	Action News	Entertainment	Grey's Anatomy		Grey's Anatomy		(10:02) Private Practice		News
		512	396	24	CPAC	Télé-à-tête	Beyond Pol	L'Heure politique		Dossier public				Heure polit.
		651	355	25	CTS	Little House on the Prairie		Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
		-	365	36	FOX	TMZ (N)	Seinfeld	Bones (HDTV PA)		So You Think You Can Dance		FOX 2 News (N)		News
		-	-	64	PBS	Business Rpt.	Adirondack	Spirit-Win	Time Goes By	Miss Marple (Part 1 of 2)		Poldark		Charlie Rose
sports	prime time	205	312	104	CTV	Hollywood	Corner Gas	CSI: Crime Scene Invstgtn.		So You Think You Can Dance		The Listener (HDTV) (N)		News
		502	390	26	NW	CBC News	Marketplace	The Hour Russell Peters.		CBC News: The National		The Nature of Things		National
		500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)		Charry King Live (N)		Anderson Cooper 360 (HDTV)		
		406	417	27	net	MMA Conn.	Week-Baseball	MLB Baseball New York Yankees at Chicago White Sox. From U.S. Cellular		Field in Chicago.				Sportsnet Con.
		126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
		400	280	30	SCR	Interruption	Premier League	Poker III	CFL Pregame	CFL Football Montreal Alouettes at Edmonton Eskimos.		(HDTV) (Live)		
		410	403	52	SCR	World Poker Crown		U.S. Women's Soccer Team		Poker Asian Pacific Tour.		Soccer: Asia Trophy		
		411	457	56	OLN	Ghost Hunters		Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters		Bounty Hunter
		417	406	59	SC	Pimp My Ride	Pass Time	Pinks - All Out (HDTV) (N)		Jacked! (N)	Jacked! (N)	Wrecked (N)	Wrecked	Pimp My Ride
		554	544	48	TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	South Park Bigger, Longer & Uncut (1999, Comedy)			
family	prime time	557	540	51	FAM	Wizards-Place	Han, Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
		551	542	56	YTV	Drake & Josh	Family Biz	Malcolm-Mid.	Futurama	In Real Life "Dirty Jobs"		Falcon Beach		Mystery Hnt
		570	580	29	MTM	The Daily Fix		Ranked!		Celebrity Rehab With Dr. Drew		Entourage	Gene Simmons	The Daily Fix
		615	620	31	A&E	CSI: Miami "Shootout"		The First 48 "Gone"		The First 48 (HDTV)		Crime 360 (HDTV) (N)		Crime 360
		628	584	32	SPKE	CSI: Crime Scene Invstgtn.		UFC Unleashed		TNA IMPACT! (HDTV) (N)				Jesse James
		521	560	34	TLT	Restoror Guy	Real Estate	Lottery Changed My Life III		LA Ink "Kat Bares It All"		LA Ink (HDTV) (N)		LA Ink
		145	761	35	TVS	Destinations	Hep! Taxi	Club social		Envoyé spécial			Cité guide	Journal TV5
		616	521	39	SHO	The Outer Limits		Love-Death	Love-Death	Seventeen and Missing (2007, Drama)		Deedee Pfeiffer.		House
		620	523	40	BVO	Storytellers	Snapshot	Opera Stories		Liberty Stands Still ** (2002, Suspense).		Oliver Platt		Law & Order
		520	505	42	DIS	Daily Planet		Nature's Most Amazing Events		Nature's Most Amazing Events		MyBustlers		Daily Planet
cable tv	prime time	575	583	43	CLT	Dierks Bentley	Reba: One-	Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Tuckerville
		601	562	45	SCM	Skin Deep	Til Deb! Part	Last 10	Last 10	10 Pounds	10 Pounds	Bulging Brides	Bulging Brides	ET Canada
		625	548	46	COM	Air Force	22 Minutes	22 Minutes	Corner Gas	The Simpsons	South Park	Comedy Now (N) (DVS)		Daily Show
		294	529	47	TBS	Family Guy	Family Guy	Friends	Friends	Friends	Friends	Vegas Vacation * 1997, Comedy)		
		600	564	49	H&G	House Hunters	Property Virgin	Handyman Superstar		Disaster DIY	Big Amazing	House Hunters	House Hunters	Holmes-Homes
		627	528	50	S&P	The Listener (N) (DVS)		Star Trek: Voyager		Supernova * (2000, Science Fiction)		James Spader.		Stargate SG-1
		581	566	53	MTV	16 and Pregnant "Mac"		The Real World		True Life		Nitro Circus	Fantasy Fact.	MTV Live
		618	524	54	TROP	Traders	Inside Hollywood	Ascent Hollywood		Seinfeld	Raymond	Family Guy	Seinfeld	Seinfeld
		522	506	55	HIS	NCIS	Incident Discoveries		Lost Intentions		NCIS			Sas Hunters
		129	773	60	CD	Alerte animale (HDTV)		Les Grands travaux (HDTV)		Docu-D "Helis Angels" (HDTV)		Un teur si proche (HDTV)		Science du
cable tv	prime time	261	394	61	V	Murder, She Wrote		Wait for God	'Allo, 'Allo!				Potterguide	
		602	567	62	W	Style by Jury	Friends	Divine Design	House	Confidential	Save Us-House	Divine Design	Love It-List It	House
		269	350	70	APTIN	Warriors: TKO	Ways Bay	By the Rapids	renegadepress		The Juror ** (1996, Suspense) Demi Moore, Alec Baldwin.			
		621	527	71	TLK	The Ellen DeGeneres Show		TMZ (N)		Parris Hilton's My New BFF		Tonight Show-Conan O'Brien		TMZ
		603	561	95	FN	Chef at Home	Crash-Kitchen	Restaurant Makeover		Jamie's Kitchen		Ace of Cakes	Ace of Cakes	Boys Weeknes
		603	561	95	FN	Chef at Home	Crash-Kitchen	Restaurant Makeover		Jamie's Kitchen		Ace of Cakes	Ace of Cakes	Boys Weeknes
		603	561	95	FN	Chef at Home	Crash-Kitchen	Restaurant Makeover		Jamie's Kitchen		Ace of Cakes	Ace of Cakes	Boys Weeknes
		603	561	95	FN	Chef at Home	Crash-Kitchen	Restaurant Makeover		Jamie's Kitchen		Ace of Cakes	Ace of Cakes	Boys Weeknes
		603	561	95	FN	Chef at Home	Crash-Kitchen	Restaurant Makeover		Jamie's Kitchen		Ace of Cakes	Ace of Cakes	Boys Weeknes
		603	561	95	FN	Chef at Home	Crash-Kitchen	Restaurant Makeover		Jamie's Kitchen		Ace of Cakes	Ace of Cakes	Boys Weeknes

## critics' corner—

Langston and Riley (Laurence Fishburne, Lauren Lee Smith) are taken hostage in the chaos following a shootout in a normally quiet Las Vegas community. Marg Helgenberger, George Eads, Paul Guilfoyle, Eric Szmanda and Robert David Hall also star in "No Way Out"; Denzel Whitaker and Geoffrey Rivas guest star. 8 PM on 7 CT/V



"Our First Lady of Cinema" profiles Abenaki filmmaker Alanis Obomsawin, whose specialty is documentaries dealing with First Nations issues and social justice. A three-time Genie nominee, she's best known for her 1993 film "Kanehsatake: 270 Years of Resistance," about the armed standoff between Mohawks and Canadian forces troops in Oka, Que., in 1990. 7 PM on 40 BVO



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 AMY MILLAN \* JOEL PLASKETT \* KINNIE STARR  
 THE PEDAL POWERED MR. SOMETHING SOMETHING

#### TONS OF MUSIC

The Arrogant Worms \* Balfa Toujours \* James Hill \* Penny Lang Ball & Chain \* Chirgilchin \* Mihirangi \* Radoslav Lorkovic \* Vishten Ray Bonneville \* Ellen McIlwaine \* The Good Lovelies + many more

#### MOVE AROUND!

8,000 Square Foot Dance Tent \* Family Fun Zone  
 Gardening Workshops and Displays \* Cajun Music, Dance + Food  
 Cross-Cultural Artist Collaboration \* Folk Festival Photo Show

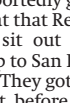
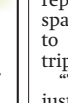
#### PARTICIPATORY ACTIVITIES GALORE

Build Your Own Ukulele \* Spins & Needles \* CBC's Ed Lawrence  
 Windhorse Yoga \* Sound Healing \* CIC Language Village  
 Environmental Displays and Discussions

#### TICKETS AVAILABLE AT

The Ottawa Folk Festival | 858 Bank at Fifth, Suite 100 | 613 230-8234  
 Capital Tickets | 613-599-3267 | www.capitaltickets.ca  
 The Ottawa Folklore Centre | 1111 Bank at Sunnyside | 613 730-2887  
 All CD Warehouse locations | 1383 Clyde, 1717 St. Laurent + 499 Terry Fox  
 Ten Thousand Villages | 371 Richmond Road | 613 759-4701  
 Sports Experts | Bayshore Shopping Centre | 4338 Innes Road (Orleans) |  
 Rideau Centre | St-Laurent Shopping Centre

**Weekend Passes \$85 \* Age 25- & 65+ \$45**  
**Kids 12 & under FREE**



**613-230-8234 \* OTTAWAFOLK.ORG**

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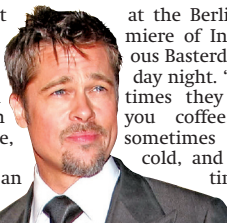
Thursday, July 30, 2009

## 14entertainment

### Celebrity Buzz

## All in a day's work for Brad

**LOW-KEY** He's the most envied star in the world, but Brad Pitt wants the public to understand that it can be a tougher life than they imagine, people.com reports. "It's so tough being an actor," Pitt, 45, joked



at the Berlin premiere of Inglourious Basterds Tuesday night. "Sometimes they bring you coffee, and sometimes it's cold, and sometimes you

don't have a chair to sit on."

With six young ones and partner Angelina Jolie at home, he does get early nights when not working. "I'm a dad now — my partying ends at 6 p.m.," he told the Daily Mail.

METRO NEWS SERVICES

## Like Thriller: Amy hears MJ

**NEXT LEVEL** Just when you thought Amy Winehouse couldn't shock us anymore, femalefirst.co.uk alleges that the singer is claiming Michael Jackson's ghost has paid her a visit. The website reports Winehouse is convinced that the deceased King Of Pop popped came back to Earth to tell her to lay off the drugs.

The singer, who made no secret of her drug habit, has previously

said that she is a big fan of the late star. She reportedly met with mediums during her stay on the Caribbean island of St. Lucia, which is where Jackson "came through."



Apparently, Winehouse heard Jackson's voice telling her if she didn't sort herself out, she'd lose everything, femalefirst.co.uk adds.

METRO NEWS SERVICES

## Men put the kibosh on Fox

**NO MORE** A group of men's websites are getting together to boycott Megan Fox for one day, claiming the world needs a break from the actress.

"You can have too much of a good thing," said askmen.com's James Bassil. "We're joining in the media blackout and giving our readers a one-day reprieve from the woman we've been drowning in all summer."

METRO NEWS SERVICES



## Twilight's Victoria switch-up

**TAKING OVER** Twilight fans may be taken aback by Bryce Dallas Howard in the role of Victoria in the series' third installment, people.com reports.

The 28-year-old daughter of director Ron Howard

will be replacing Rachelle Lefevre, 30, who took on the role previously. Lefevre is leaving the series because of scheduling conflicts with her shoot for Barney's Version, starring Dustin Hoffman.

METRO NEWS SERVICES



## Becks does damage control

**PR TEAM** Victoria Beckham is "embarrassed" by her husband's recent behaviour, femalefirst.co.uk reports. The former Spice Girls star is planning a series of high-profile interviews in a bid to improve her and her husband David's images after fans of his soccer team Los Angeles Galaxy turned against him.

The soccer player drew the ire of the club's

returning from his temporary stint at Italian team AC Milan, and he reportedly wants to leave the U.S. permanently.

A source said: "Victoria works hard on the image of 'Brand Beckham.' She has always been eager to promote them as the perfect couple."

"David arguing with fans doesn't really fit in with that image and she was embarrassed."

METRO NEWS SERVICES



## Getting even by getting skinny

**NO TIME TO MOPE** After being dumped by Tony Romo, Jessica Simpson has apparently decided to get even and get into shape.

"Jessica said, 'I want my old body back,'" a friend of the singer told OK! magazine. "She went into her kitchen, got a trash bag and started to clear it out." She's reportedly

already lost 10 pounds.

METRO WORLD NEWS



## ScarJo and Ryan have a spat

**LOVER'S QUARREL** Celebrity couple Scarlett Johansson and Ryan Reynolds, who married last September, reportedly got into so big a spat that Reynolds decided to sit out a promotional trip to San Diego.

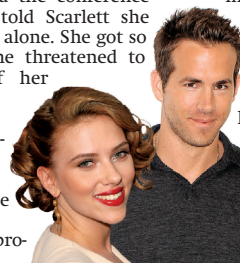
"They got in a huge fight just before they were going to Comic-Con," a source said, according to Fox News. "Ryan refused

to attend the conference and he told Scarlett she could go alone. She got so angry she threatened to take off her wedding band."

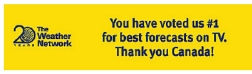
Johansson turned up at the convention to pro-

mote Iron Man 2, but Reynolds — who was recently cast in the upcoming Green Lantern — stayed home, which "angered the executives" behind the superhero film.

METRO NEWS SERVICES

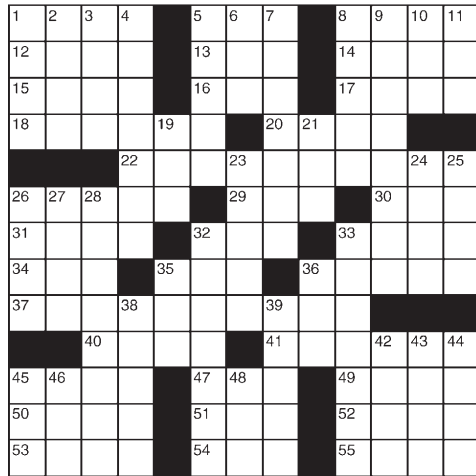






For more delicious Metro recipes, visit: [metronews.ca/food](http://metronews.ca/food)

## Take Five



### ACROSS

- 1 "Waterloo" quartet
- 5 "Go, team!"
- 8 Too confident
- 12 Complain
- 13 Past
- 14 Banks on the runway?
- 15 Despot
- 16 Old soldier
- 17 "— It Romantic?"
- 18 Doddering
- 20 Sodium chloride
- 22 Accordion's cousin
- 26 Utter disorder
- 29 Companion to green eggs
- 30 Proof abbr.
- 31 Stop
- 32 Lustrous black
- 33 Car
- 34 Under the weather
- 35 Feathery accessory
- 36 Fourth estate
- 37 Having the same midpoint

- 40 Baghdad's country
- 41 Nearby
- 45 Carry on
- 47 Submachine gun type
- 49 Ontario neighbour
- 50 Rue the run
- 51 Bit with a charge
- 52 Jambalaya need
- 53 On pension (Abbr.)
- 54 Actress Myrna
- 55 Coaster

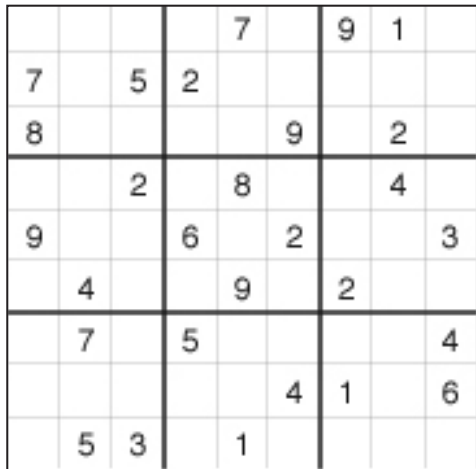
### DOWN

- 1 Revue segments
- 2 Contemptible
- 3 Cereal choice
- 4 Brandy flavour
- 5 Poe's bird
- 6 Census statistic
- 7 Position of great anxiety
- 8 Half a clown's pair, maybe
- 9 Magical aura
- 10 Coffee shop vessel
- 11 Roscoe
- 19 Part of UCLA
- 21 Branch
- 23 Swindle
- 24 Trawler gear
- 25 Big bothers
- 26 Stylish
- 27 Head light?
- 28 Until dawn
- 32 Daffodil's cousin
- 33 Robin Hood and his Merry Men, e.g.
- 35 "Well, I'll — monkey's uncle!"
- 36 4-Down has one
- 38 Words to live by
- 39 Unfair?
- 42 Seed covering
- 43 Pleasant
- 44 "Monopoly" card
- 45 "This means —!"
- 46 Expert
- 48 Menagerie

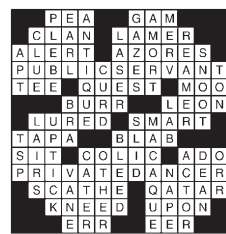
## Sudoku

For more/less challenging Sudoku puzzles, visit [metronews.ca](http://metronews.ca)

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



### PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



1	4	7	8	6	3	9	5	2
8	6	2	7	5	9	3	1	4
5	3	9	1	4	2	7	6	8
7	5	3	4	2	6	8	9	1
4	2	8	9	1	5	6	3	7
9	1	6	3	8	7	4	2	5
3	7	1	5	9	8	2	4	6
6	8	5	2	3	4	1	7	9
2	9	4	6	7	1	5	8	3

### On the web

Find more games to play + more cartoons by the Six Chix at [metronews.ca](http://metronews.ca)



## Metro Recipe of the Day



### Tacos for Two

Submitted by Susan Thomas, Watson Lake, Yukon



submitted by a Club Member!

### INGREDIENTS:

- 1 avocado
- 1 tbsp lime juice
- 1/2 tsp salt
- Pepper to taste
- 2 tbsp cooking oil
- 2 tbsp yellow diced onion
- 1/2 tsp chili powder
- 1 small jalapeno pepper
- 3 medium tomatoes, diced
- 1 cup leftover chicken
- 1 cup shredded red cabbage
- 4- to 6-inch corn tortillas

### METHOD:

Mash avocado and add salt and pepper. Set aside. Add oil to skillet. Over medium heat, cook onion until translucent. Add chili powder, chipotle pepper and tomatoes. Cook 5 min-

utes. Stir in chicken and cook until chicken is heated through.

Assemble tortillas with a scoop of chicken mix, avocado, cabbage and a sprinkle of lime juice. You can also add cheese if you like but it's not necessary.

**SERVES 4-6**

**PREP TIME: 20 MINUTES**

**COOK TIME: 5 MINUTES**



20 Minute Supper Club helps you get dinner ready in a snap. Sign up for quick and delicious recipes, cooking and food tips. It's free at [20minutesupperclub.com](http://20minutesupperclub.com)

## Horoscopes by Sally Brompton

[sallybrompton.com](http://sallybrompton.com)

### ARIES

MARCH 21-APRIL 20

Cosmic activity urges you to focus on all the good things coming into your life. For every one thing that went wrong yesterday, 10 will go right today.

### LIBRA

SEPT 23-OCT 23

If you play your cards right in the next few days you'll achieve something amazing — especially if you work toward a specific goal that benefits others.

### TAURUS

APRIL 21-MAY 21

It's time you dealt with a family issue that's kept you awake at night. Today, be honest with loved ones about how your relationships can be better.

### SCORPIO

OCT 24-NOV 22

A Mercury-Jupiter link will give you great ideas which could bring fame and fortune. Success will take more than ideas, but they're a key first step..

### GEMINI

MAY 22-JUNE 21

You may not be thrilled with what you hear from a friend or a neighbour today but you know it's the truth. Act on it sooner rather than later.

### SAGITTARIUS

NOV 23-DEC 21

If the experts tell you one thing but your mind tells you another today it should be obvious who is right — you. Trust your own understanding.

### CANCER

JUNE 22-JULY 22

Give serious thought to ways you can boost your earning power. Some sort of offer is likely today but ensure you know what's expected before signing

### CAPRICORN

DEC 22-JAN 20

If your sixth sense tells you not to trust someone today you would be wise to listen to it, even though you might lose out financially as a result.

### LEO

JULY 23-AUG 23

Make a wish today and watch it materialize: You only have to believe in your dream to see it come true. But don't be vague. Put a name to your desire.

### AQUARIUS

JAN 21-FEB 18

Try to get along with people today, even if some of the idiots you have to deal with drive you up the wall. Not everyone is as switched on as you.

### VIRGO

AUG 24-SEPT 22

Activity in the most imaginative area of your chart encourages you to think the unthinkable. Everyone needs dreams, you more than most.

### PISCES

FEB 19-MARCH 20

You need a break and the more you push yourself to the limit the longer the break will have to be. Don't just listen to your body; act on what it tells you.

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**WORDY GURDY®**

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

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- Animal doc allowed (1)
- You and I appeal in court (1)
- Harvard rival half-off event (1)
- Animal parks' latest info (1)
- Disregarded the actors' text (1)
- Hairtystil's safe havens for boats (2)
- Forcefully flinging fine silver (2)

7-30-09

**Today in history**

JULY 30, 762: Baghdad is founded.

JULY 30, 1930: Uruguay wins the first Football World Cup.

JULY 30, 1971: Apollo 15 Mission — David Scott and James Irwin on Apollo Lunar Module, Falcon, land with first Lunar Rover on the moon.

JULY 30, 1975: Jimmy Hoffa disappears from the parking lot of the Machus Red Fox restaurant in Bloomfield Hills, Mich., a suburb of Detroit. He is never seen or heard from again.

METRO NEWS SERVICES



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- 2.** Get the second pair for the same value or less absolutely free.
- 3.** Receive a \$60 refund to compensate your eye exam fees.

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**St Laurent Mall**, Next to Sport Chek..... (613) 741-4448  
**Place d'Orleans**, 2nd Floor / Food court..... (613) 841-9999  
**Carlingwood Mall**..... (613) 761-9999  
**725 Somerset St. W.**, China Town..... (613) 236-2222  
**54 Elgin St / Queen**..... (613) 235-8888  
**Hunt Club**, Towngate Mall..... (613) 521-8884  
**Billings Bridge Plaza**..... (613) 523-7772

**Kanata Centrum Mall**, Next to Rogers (613) 599-9599  
**Barrhaven**, Near Walmart..... (613) 843-1333  
**Renfrew**, 108 Raglan St. S..... (613) 432-4488  
**Kemptville**, Kemptville Mall..... (613) 258-2700  
**Hull**, 101-295 St-Joseph Blvd..... (819) 771-2222  
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**Cornwall Square**, 2nd floor / Charms.. (613) 930-2222  
**Brockville**, 358 Stewart Blvd / Swiss Chalet (613) 345-1119  
**Kingston**, Cataraqui Centre / 2nd floor The Bay (613) 546-4444  
**Belleville**, Bell Tower Plaza..... (613) 967-0000  
**Oakville**, 261 Oak Walk Dr near Walmart (905) 257-6991

**Mississauga**, Mavis & Britannia / Best Buy (905) 568-8899  
**St. Catharines**, Pen Centre / The Bay.... (905) 988-9797  
**Marche Central**..... (514) 384-1117  
**Centre Eaton**..... (514) 842-9200  
**Lasalle**, Next to Famous Player..... (514) 363-4000  
**Laval**, Carrefour Laval..... (450) 902-1000  
**Fairview Pointe-Claire**..... (514) 695-2555  
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